



cara price

GRILLED SALMON SALAD WITH ROASTED APPLES

INGREDIENTS

for the salmon:

- 4 - 6 ounce pieces of salmon with skin on
- 2 tablespoons olive oil
- 1/2 teaspoon each: salt, pepper, dried thyme & dried tarragon
- 1/4 teaspoon garlic powder

for the apples:

- 3 granny smith apples, peeled & sliced
- 1 tablespoon olive oil
- 1 tablespoon dijon mustard
- 1/4 teaspoon allspice

for the salad:

- 1 - 5 ounce package arugula
- 1/3 cup sliced almonds
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 1/4 teaspoon each: salt & pepper

DIRECTIONS

preheat oven to 400.

prepare the apples by placing in a medium size bowl & tossing them with the olive oil, mustard & allspice. making sure each piece is covered with the mixture. spread apples in one layer onto a rimmed baking sheet or stone & place in the oven for 20 minutes. allow apples to cool 5 minutes before serving.

while the apples are in the oven, in the same bowl you used for the apples {leaving any leftover seasoning from the apples in the bowl}, whisk together the olive oil & seasonings for the salmon. place the salmon pieces the bowl & gently rub the oil & seasonings all over both sides of the fish.

heat an indoor grill pan to medium high & place the salmon, flesh side down on the pan, cooking for about 3-4 minutes. then gently turn the salmon & cook an additional 3-4 minutes until desired doneness. keep salmon warm until apples are done.

combine olive oil, balsamic vinegar, honey & salt & pepper in a small glass jar & shake well to make the dressing.

divide arugula, almonds, salmon & apples evenly among 4 plates & drizzle with dressing.